



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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SSV Erfurt 02 Männer

□□□: 14:04:45

□□: 107

□□: 12.17 km/h

□□□□: 4:56 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 62 (of 236)

□□□□□□: 10:18:23

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□□□□□: 49(of 156)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:31:13	5:18	115	28:35	157	28:35	17.20	1:31:13	5:18	48	28:33	72	28:33
Schildwiese	20.10	1:28:18	4:23	42	20:22	58	21:56	37.30	2:59:31	4:48	48	46:57	72	46:57
Neuhaus	15.50	1:26:47	5:35	91	27:45	117	27:45	52.80	4:26:18	5:02	48	1:14:42	72	1:14:42
Masserberg	19.80	1:17:31	3:54	11	14:14	19	14:14	72.60	5:43:49	4:44	27	1:28:50	47	1:28:50
Allzunah	16.80	1:37:15	5:47	98	50:15	134	50:15	89.40	7:21:04	4:56	48	1:59:53	72	1:59:53
Grenzdler	19.80	1:36:21	4:51	61	22:31	86	24:32	109.20	8:57:25	4:55	48	2:22:24	72	2:22:24
Neue Ausspanne	13.80	1:04:51	4:41	35	14:37	41	14:37	123.00	10:02:16	4:53	48	2:36:43	72	2:36:43
Kleiner Inselsber	13.90	1:08:20	4:54	44	18:13	53	18:13	136.90	11:10:36	4:53	48	2:53:41	72	2:53:41
Hohe Sonne	19.70	1:33:57	4:46	68	26:27	92	26:27	156.60	12:44:33	4:52	48	3:20:08	72	3:20:08
Hörschel	14.70	1:20:12	5:27	87	26:14	110	26:14	171.30	14:04:45	4:55	49	3:46:22	62	3:46:22